

Intensive Outpatient Program (IOP) Q&A

Q - Am I a Good Candidate for IOP?

A - If persistent symptoms of depression, anxiety or addictive behaviors are interfering with your ability to function in your daily life, you may be eligible for the IOP.

Q - How is a Soldier Admitted to the IOP?

A - Admission to the IOP is based on different components of evaluations which include but are not limited to; a review of history and symptoms, prior treatment response, and the Service Member's (SM) motivation and appropriateness for group treatment. The SM's assigned behavioral health provider will submit the proper referral form.

Q - Where will my Place of Duty be If Selected for the Program?

A - If admitted into the IOP, the SM's place of duty from 0800-**1200** will be at the IOP. The SMs will be released to their Chain of Command after **1200** daily Discharge is based on achieved treatment goals and/or a determination that maximum therapeutic benefit has been reached.

Q - What is the IOP Schedule?

A -The IOP operates Monday - Friday, 0800 -**1200** (excluding Federal Holidays). **You may also have 1 or 2 individual session in the afternoon each week that last about one hour.**



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Womack Army Medical Center Intensive Outpatient Program (IOP)



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What is the Intensive Outpatient Program (IOP)?

Intensive Outpatient Program Goals

The Intensive Outpatient Program (IOP) is a **four week** program designed specifically for Active Duty Service Members who are experiencing behavioral, emotional and addiction difficulties, but who do not require (or no longer require) the intense level of psychiatric care provided by inpatient or residential hospitalization programs. IOP is ideal for stabilizing individuals with acute mental health or addictions that may be at risk for hospitalization, or who may be "stepping down" from a hospital stay.

Intensive Outpatient Program provides a co-occurring comprehensive treatment program among a therapeutic community of peers. IOP intensity can help to maintain abstinence, increase mental health and improve quality of life. Group therapies are used to promote coping skills, stress management, goal achievement and treatment compliance.

Our goal is to empower each person to move to their "best" self and thereby learning new ways to cope with stress, anxiety and depression. All our groups and sessions are geared to treating the underlying causes and help facilitate recovery. Combination of group therapy, individual therapies, family therapy and medication management (as medically indicated) has been validated by research to be one of the most effective forms of treatment for mental disorders.

Who Can Benefit From Intensive Outpatient Care?

The Intensive Outpatient Program is designed to empower those who wish to strengthen positive coping skills that will assist them in overcoming the challenges of mental health and addiction diagnoses.

How Will the IOP Help?

Our treatment professionals develop an individualized treatment plan, structured education, skills training, and therapeutic activities, and focused clinical groups that will address the service member's individual needs. These groups and activities include topics such as:

- ◆ Cognitive Behavioral Group
- ◆ Substance Abuse/Addiction Education
- ◆ Grief and Loss Issues
- ◆ Emotional Regulation
- ◆ Stress management and problem-solving
- ◆ Interpersonal Relationship/Communication
- ◆ Self-Care/Relaxation Skills
- ◆ Life Skills Groups: Sleep Hygiene/Anger Management
- ◆ Aftercare Program

Intensive Outpatient Treatment Benefits:

- Attendees are able to maintain a presence in their home, community and unit.
- Sessions are time limited
- Group therapy is augmented by individual therapy specific to the Soldier's needs
- It provides more intensive treatment than traditional psychotherapy, but with more freedom than hospitalization
- Targets stabilization
- Promotes achievement of realistic goals
- Increases compliance with treatment plan

Treatment Modalities

- Group Psychotherapy – encourages members to explore personal issues affecting their ability to cope with daily living, relationships, emotions and general well being
- Cognitive-Behavioral Therapy - focusing on changes needed in thought and behavior patterns
- Mental Health Management - focusing on health and wellness, goal setting and coping/stress management strategies
- Peer Support/Education Therapy - focusing on self-expression and self-awareness using alternative forms of education and treatment

"I'm choosing to deal with the battles I've fought in the past to better equip me to handle the battles I'll face in the future." R.Z. Combat Soldier